

Acute Bronchitis by Air Borne Respiratory Droplets **Eleni Christodoulou***

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Introduction

Bronchitis is a respiratory disease caused by inflammation of the inner walls of the lungs. A common cause of acute bronchitis is a viral or bacterial infection, but other causes can be irritants such as tobacco, smoke, and air pollution. For example, the symptoms of bronchitis are also symptoms of asthma, but there are also wheezing and shortness of breath. Bronchitis has a slight fever, but asthma does not [1].

There are two sorts of bronchitis, unremitting and intense. Persistent bronchitis may be a long-term aggravation of the shallow lining of the bronchi. It is frequently caused by smoking cigarettes, but it can be caused by drawn out presentation to destructive aggravations. It is as a rule not infectious and cannot be gotten from or passed on to others. Individuals in this condition hack, but in the event that they are in near contact when hacking, they may not hack unless the cause is a contamination.

Acute bronchitis is a short-term inflammation of the superficial lining of the bronchitis, most commonly caused by an infection that causes infectious acute bronchitis [2]. The infection usually lasts 7 to 10 days, but you may cough for weeks after the first symptoms disappear. Acute bronchitis often begins as an upper respiratory tract infection and is usually caused by a virus that causes the common cold or flu. There are many types of viruses that can cause bronchitis.

Bronchitis can also be caused by a bacterial infection, but this type of infection accounts for less than 10 percent. Infectious acute bronchitis, such as the common cold, spreads from person to person. Avoiding this type of bronchitis can be difficult and can be done. Acute bronchitis due to infection is often transmitted by air droplets containing bacteria that are produced when speaking, sneezing, or coughing. It can also be transmitted by shaking hands or physical contact with an infected person [3].

Viruses and bacteria can live outside the body for minutes, hours, or even days, depending on the species. Touching an object containing bacteria, such as a doorknob, and then touching the eyes, nose, or mouth can lead to infectious acute bronchitis. Many cases of acute bronchitis begin as influenza, so annual influenza vaccination may prevent them.

Acute bronchitis is very common. It's unpleasant for you, but it usually resolves itself. If you have bacterial bronchitis, you can benefit from seeing a doctor for medications that can help

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you feel better and prevent complications such as pneumonia. To reduce your risk of bronchitis, follow these tips: Avoid close contact with sick people and do not share glasses or equipment with people with bronchitis, colds or the flu. Do not touch used handkerchiefs as the virus can spread bronchitis through the mucus. Vaccine against influenza annually, washes your hands frequently with warm soapy water, and avoid touching your eyes, nose, or mouth with dirty hands [4]. Intense bronchitis as a rule endures 10 to 14 days, but in a few cases indications may show up for up to 3 weeks. It can be caused by another sickness such as a cold or the flu. It can too come from allergies.

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